

# CITY OF SPRINGDALE NEWSLETTER

PUBLISHED FOR THE RESIDENTS OF SPRINGDALE, OHIO

## City's Aggregation Rate not impacted

## Duke Energy rates show significant increases

Residents may have recently noticed an increase in their Duke Energy electric bills. Their bills should have contained several rate change notices about the increases. The Public Utilities Commission of Ohio (PUCO) requires Duke to distribute such notices once PUCO has approved the rate change.

Electricity bills contain charges for generation, distribution and delivery services. Generation charges generally comprise about \$0.60 for each \$1.00 of a resident's utility bill. The remaining \$0.40 are charges related to the distribution and delivery of electricity. Participating in the City's Aggregation Program can have an effect on generation costs.

### New Generation Charges

Every three years, Ohio utilities, such as Duke Energy, are required to file a plan with the PUCO detailing how the customer's demand for electricity will be supplied or generated. This plan is called an "Electric Security Plan" and is supposed to outline Duke Energy's plan for meeting the demand, as well as pricing methodology for generation service. In this year's plan beginning June 1, 2015, Duke Energy increased generation rates by 9% for any customer purchasing generation service directly from them. This increase was previously approved by PUCO.

For those residents in the City's Aggregation Program, or others who may have entered into an agreement with an alternative supplier for their generation services, Duke Energy's 9% generation increase will not apply to them. The June 1 increase will result in a higher Price-To-Compare (PTC) rate for Duke of \$0.069 per kilowatt-hour. Those who shop for rates should note that it is important to make sure the generation price being considering is less than Duke Energy's PTC to ensure savings in your electric bill.

### New Distribution and Delivery Charges

While generation charges may be avoided, all customers pay distribution and delivery charges. These charges are related to meter reading, billing and maintaining the cost of the distribution system (poles, wires, etc.), used by Duke Energy to deliver electricity to each home. Regretfully, these costs are also increasing. All Duke Energy customers will experience about a 12% increase in their distribution and delivery charges, as approved by State law or PUCO.

The largest portion of this increase, 7%, is to permit Duke the ability to recover \$33 million in lost revenue it has incurred due to the implementation of energy efficiency programs mandated by state law. As energy efficiency programs are implemented and revenues decrease, Ohio utilities are permitted to recover those revenues previously approved by PUCO from their customers. It

appears utility companies are not permitted to be accountable for any of their losses in revenues.

The other distribution and delivery increases are a result of Duke Energy's new investment in its deteriorating distribution system and an increase in its uncollectible expenses. Duke Energy has estimated that it will spend \$169 million in system improvements over the next three years. The PUCO has set annual amounts that may be recovered through rates from customers. The current annual recovery amount is \$17 million and will result in a 4% increase for everyone. The remaining increase of 1% is related to a \$5.5 million increase in uncollectible expenses experienced by Duke over the most recent twelve months. All of the distribution related increases are subject to an audit by the PUCO Staff before they are permitted to become effective. Apparently, Duke Energy has performed well enough on its audit.

## CodeRed offers mobile app

With the growing importance of social media, the CodeRed emergency notification system has introduced an important mobile app for Springdale residents. Springdale has subscribed to

CodeRed's emergency notification system for years to inform residents of urgent information through land lines. With an

increasingly mobile society, CodeRed messages can now be addressed to mobile devices. This CodeRed service is FREE to Springdale residents and businesses. To participate, simply sign-up for the service at <http://www.springdale.org/pd-codeRed.aspx> or under Quick Links on Springdale's home page. The mobile app is available by using the Quicklink above.



Mobile Alert app



**Download**  
the free CodeRED Mobile Alert app

# Citizens Police Academy seeks recruits

A nine week program that begins in September will provide residents with a glimpse of what it takes to be a police officer. The Springdale Citizens Police Academy (CPA) is comprised of a series of weekly classes and discussions. The classes meet on Monday nights from 6:00 to 9:30 p.m. The class size is limited to approximately 15 students. There is no cost to enroll. The next class will start September 14, leading to graduation on November 9.



The program provides citizens first hand experience of how the Springdale Police Department functions and operates. Many previous graduates have found the CPA to be a valuable experience with a number of them continuing to assist the department on a number of projects.

The classes are taught by Springdale Police Officers, a Hamilton County Judge and a Hamilton County Prosecutor. Students will be instructed

in the areas of:

- Overview of the Police Department and Municipal Government
- Domestic Violence, Current Issues, Laws of Arrest, Search and Seizure
- Patrol Tactics /Speed Measuring Devices /Traffic Enforcement
- OVI/Crash Report and Investigation
- Use of Force /Less Lethal
- Use of Force Practical Scenarios
- Criminal and Narcotics Investigations
- Crime Scene Investigation

All students considered for the Springdale Citizens Police Academy must sign a waiver of liability prior to attending the academy. Applications to join the program are available at the Springdale Police Department.

# Springdale welcomes four to City staff

**Debi Boggs**, a Springdale resident, joined the City of Springdale as an Administrative Assistant in the Health and Building Departments. She earned an Associate Degree in Applied Business from the University of Cincinnati and worked at Princeton Community Middle School for more than 12 years.



*Debi Boggs*

Her husband's grandfather, Joseph J. Boggs was a member of Springdale City Council in the 1970s, with Boggs Lane named in his honor. She has a daughter pursuing a law degree and a son attending The Ohio State University. Debi's husband Joe owns Angilo's Pizza in Loveland.

Mrs. Boggs enjoys spending time with her family, reading, watching Ohio State Football and Netflix.

**Aaron Handy** has become the newest firefighter to join the ranks of the Springdale Fire Department. Firefighter Handy graduated from Fairfield High School. After high school, his love for judo took him to Europe for extensive training, earning a spot on the USA



*Aaron Handy*

Judo National Team. He later went on to accept a position as a Firefighter/EMT in Massachusetts with the Marblehead Fire Department just outside of Boston. Family commitments brought Firefighter Handy back to the area. He recently obtained both his Fire and EMT certifications for the State of Ohio and he is currently enrolled in the paramedic program at Cincinnati State. In his free time, Firefighter Handy enjoys hunting, fishing and camping.

**Gregg Taylor** has been named Springdale Building Official, filling a position vacated by the retirement of Bill McErlane. He brings with him more than 40 years of experience in the construction industry working in both the public and private sectors.

He has served Westerville, Ohio, for over two years as Master Plans



*Gregg Taylor*



*Paul Vosseberg*

Examiner and five years in the same capacity with Greene County near Dayton. Before his career in code enforcement, Gregg was an award winning residential home builder, land developer and consultant. He is a graduate of Purdue University where he received his Bachelor in Civil Engineering. He has been a registered professional engineer since 1979.

**Paul Vosseberg** has joined the Parks and Recreation Department as Custodian after a 21 year career as a Firefighter/Paramedic with Miami Township Fire and EMS. In 2009, he left to pursue a career as a self-employed contractor rehabbing homes. Prior to his employment with the City of Springdale, Mr. Vosseberg worked for TDG Facilities Maintenance where he served full-time as a Custodian at LaSalle High School. He not only brings experience in custodial operations at a large institutional facility, but also knowledge in electrical, carpentry and plumbing repairs. In his free time, Mr. Vosseberg enjoys golf, and motorcycling and spending time with his three children Isabella, Joseph and Peter.

# Springdale working to maintain highest property values possible

Many factors are considered when establishing the value of a property. Factors include such things as the housing market, the school district, comparable sales in the area, the condition of a home and the condition of properties in the neighborhood. The City of Springdale has taken measures to affect the latter two factors. Not only do well-maintained properties stabilize and improve property values, they foster a sense of community and pride in the neighborhood. Programs include:

**Occupancy Limits:** A residence is constructed to serve the needs of a specific number of occupants. Overcrowding can lead to unsafe and unsanitary conditions. Overcrowding can also have an adverse effect on the community by compounding traffic and vehicle parking space problems. Springdale has adopted occupancy limits for residential dwelling units based on the finished floor area and bedroom sizes. For example, a typical 1300 square foot residence is limited to no more than 5 adult occupants. The regulations were adopted in response to a growing trend toward communal housing in a single residence.

**Rental Permits:** Owner-occupied residences often are better maintained than those which are leased. Several years ago, the City adopted a residential Rental Permit Program which requires the owners of all single family rental dwellings to acquire an annual rental permit. Each dwelling unit is inspected when the rental program permit is initially obtained and at each change of occupancy. The program assures safe and sanitary living conditions for the renter and protects the community from ill-maintained rental properties.

**Community Pride Campaign:** For 19 years the Springdale Building Department has conducted the Community Pride Campaign which reviews each residential property in Springdale every four years for Property Maintenance and Zoning Code compliance. An inspection of each residence is performed from the public street. If violations are observed, the owners are asked to do their part to promote pride in the community and keep property values intact.

For information on Springdale's property maintenance programs, contact the Springdale Building Department at 346-5730 or visit [www.springdale.org](http://www.springdale.org) and click on the Building Department link.

# SGC: Interest is growing

The Springdale Garden Club (SGC) worked with the three Springdale Elementary 1st grade classes staging a race to see which class would have the first Amaryllis bulb to bloom. The



children also learned how earth worms live and how they help the soil in gardens. The activities concluded with the students planting a salad garden, making Mother's Day gifts, and planting sun flowers.

Led by club member Marguerite Murtaugh, the Garden Club's Brownie Scouts made dish gardens that were entered into the Cincinnati Horticultural Flower Show in April. Devin Long received a 1st place ribbon, Anna James received a 2nd place ribbon and Rita Janssens and Brook Berry each received honorable mentions. In addition to the

Horticultural Show, the scouts also made stepping stones for use around the flag pole in front of the school. Club members and their families installed a new vegetable garden near the butterfly garden for

use by the entire school. It is maintained with the help of three first grade classes and their teachers. Club members also participated in the Cincinnati Flower Show. Karen Reynolds and Joan Knox each received a 2nd place ribbon.

New for spring 2016, The SGC is announcing the return of the "Springdale's Armature Gardener's Recognition Awards."

Club meetings are on the second Monday of each month at the Springdale Community Center starting at 6 p.m. For more information, contact Carolyn Ghantous at 328-4046 ([cghantous@comey.com](mailto:cghantous@comey.com)) or Joan Knox at 674-7755 ([joanknox99@fuse.net](mailto:joanknox99@fuse.net)).

# Major road work progressing

Construction work continues along West Kemper Rd. between Lawnview and Walnut. The road is set to reopen to through traffic in early August. The contractor will still have a few items to complete within the area with the final completion date of September 8, 2015. The improvements included an upgrade to the storm sewer system, removal and replacement of a section of road, and paving the entire road surface.

Work is scheduled to begin on Boggs Lane between Northland Blvd. and Jake Sweeney Place. The project includes the installation of new curbs, catch basin repairs, and repaving. Prus Construction has been awarded the contract for the work with a bid price of \$196, 630. The contract calls for the project to be completed by this November.

# Volunteers needed to clean waterways

The Mill Creek Watershed Council of Communities and the City of Springdale are seeking volunteers for a late-fall creek clean-up project. Volunteers will gather Saturday, October 3, from 9 a.m. until 1 p.m. to clean various waterways within the Upper Mill Creek Watershed. The location will be determined later. The clean-ups will occur in and along the stream, so participants should be prepared for walking through thick brush, mud and water. To participate, contact the Mill Creek Watershed Council at 563-8800 or [info@millcreekwatershed.org](mailto:info@millcreekwatershed.org).

# Expo/Chili Cook-Off to be October 13

The annual Business/Community Expo & Chili Cook-Off is planned for Tuesday, October 13, at the Community Center from 11:00 am to 2:30 pm. Sponsored by the Springdale Chamber of Commerce, the expo is open to all businesses as well as the public. The Expo is a free public event, complete with door prizes and free chili samples.

If your business is interested in having a booth or in donating door prizes, contact Julie Matheny at 346-5712 or [julie@springdalechamber.org](mailto:julie@springdalechamber.org).



# Creating Community Through People, Parks & Programs

# Parks & Recreation Programs

FOR PROGRAM INFORMATION, CALL THE SPRINGDALE COMMUNITY CENTER AT 346-3910, OR EMAIL [GOPLAY@SPRINGDALE.ORG](mailto:GOPLAY@SPRINGDALE.ORG).

[WWW.SPRINGDALE.ORG/GOPLAY](http://WWW.SPRINGDALE.ORG/GOPLAY)

## Springdale Community Center

### Stay Connected to Fun & Fitness

Visit [www.springdale.org/goplay](http://www.springdale.org/goplay), or sign up for the email list to stay up-to-date on programs, projects and activities.

#### DAILY HOURS OF OPERATION

**MONDAY - FRIDAY** ..... 9 AM - 9 PM  
FITNESS CENTER & INDOOR TRACK OPEN AT 6 AM

**SATURDAY** ..... 9 AM - 5 PM

**SUNDAY** ..... 1 - 9 PM

#### HOLIDAY SCHEDULE

**LABOR DAY** ..... CLOSED  
MONDAY, SEPTEMBER 7

**THANKSGIVING** ..... CLOSED  
THURSDAY, NOVEMBER 26

### Parks & Recreation brings the community together!

Parks and Recreation is so much more than playgrounds, fields, and a Community Center. We introduce kids to youth sports in a fun, safe environment. We encourage seniors to build friendships through activities. We help you achieve your fitness goals and maintain a healthy lifestyle. We provide well-maintained places to picnic and play. We provide family programs you will remember for a lifetime. So, stop by often and try something new — there's always something going on!

## SPECIAL EVENTS & SEASONAL PROGRAMS

### Neighborhood Yard Sales

**Saturday, August 8 • 9:00 am - 2:00 pm**

Clean out the garage, attic and basement while earning some cash during this year's Neighborhood Yard Sales. The best part of all, the sale is right at YOUR house.

The City of Springdale will widely publicize the community-wide event with suggested hours from 9 a.m. to 2 p.m.

Take advantage of the extra traffic of buyers who will cruise Springdale looking for your bargains! *(Note that this event replaces the annual program formerly held at the Community Center.)*

### Free Documents Shredding

**Saturday, August 22 • 10:00 am - 1:00 pm**  
**Springdale Community Center**

A mobile shredding unit will be on site at the Community Center so residents may safely destroy their unwanted sensitive documents and records. This is an opportunity to dispose of those old financial and medical records, past bank statements and other documents which you would not feel comfortable throwing away in the trash. All material will be shredded on site and recycled.



### Junior Olympics

**Saturday, September 12 • 10:00 - 11:30 am**

The Springdale Parks and Recreation Department will host the Junior Olympics at the Springdale Community Center. The event is comprised of 8 competitive events for boys and girls ages 4 and under through 12. Registration begins at 10 a.m. and ends at 11 a.m. (Pre-registration available for Community Center

Members) Events will begin at 10 a.m. and conclude at approximately 11:30 a.m. with awards to follow. Each participating child will be automatically registered to win door prizes that will be drawn during the awards ceremony. This event is free and open to the public. Pre-registration begins August 31 at the Community Center.

### Monster Mania 3 **NEW DAY** **Revenge of the Goblin**

**Saturday, October 31 • 2:30 - 4:30 pm**

This is the third year for our monster mashing Halloween event. We will have plenty of activities, games and treats for kids age 2 through fourth grade! You must wear a costume to participate. Be sure to pre-register for free at the Community Center beginning October 1.

### Veterans Day Ceremony

**Wednesday, November 11**  
**Springdale Veteran's Memorial**

In honor of those who have defended our freedom, many paying the supreme sacrifice, Springdale will present a special ceremony in commemoration of Veteran's Day. Parking is available at the Municipal Complex. Groups interested in participating in this year's tribute should contact Matt Beaty at [mbeaty@springdale.org](mailto:mbeaty@springdale.org). Time and details to be announced.



### Skills & Drills Basketball Clinic

**Saturday, November 14 • 10:00 am - 12:00 pm**



This FREE fun filled clinic will have players run through various fundamental drills to improve their technique and skills. Participants must be 7-12 years of age. Registration begins October 31 and ends November 12. Pre-Registration is required, space is limited.

### Tree Lighting Ceremony

**Monday, November 30 • 7:30 pm (Tentative)**

The tree at Springdale's Municipal Building will be illuminated, officially beginning the holiday season in Springdale. Springdale Elementary students will sing carols with a visit from Santa, with refreshments to follow. The public is invited to this free event.

## Springdale Youth Boosters

The Springdale Youth Boosters: The group is a non-profit, volunteer-based organization comprised of Springdale residents working together to secure donations that help provide more affordable youth sports programs in Springdale. To join, contact:

[Springdaleyouthbooster@yahoo.com](mailto:Springdaleyouthbooster@yahoo.com)



# Springdale ComeUnity Bash

Saturday, September 19 • 1:00 pm - Dusk • Springdale Community Center

Join your neighbors and friends in the community for a full day of wholesome family fun and entertainment at the *Springdale ComeUnity Bash* on Saturday, September 19. As the name would imply, the event is offered to provide an opportunity for people of all ages in the community to come together, socialize and enjoy life in Springdale.

The day features an abundance of family friendly activities throughout the afternoon including a climbing wall, petting zoo and games for all ages, all free of charge. Local service groups and organizations will have food and refreshments available for purchase. A series of three local bands will

perform on stage on field #4 with music to appeal to a wide range of taste.

## 1:00 pm • Family Mud Quest, a "Muddy Good Time!"

Get down and get dirty in the 'Dale with your family and friends. Springdale will host the third annual *Family MudQuest* before the start of the *Springdale ComeUnity Bash*. Last year, over 100 participants sloped their way through an obstacle course designed to be muddy and a whole lot of fun. Through a mud pit, over hay bales and down the slippery slope are just a few of the challenges in this messy and fun family event. The

*Family Mud Quest* will be held on Field #5 at the Community Center and will begin at 1:00 pm. Pre-registration will be required for this activity as space is limited. Watch for more information at the Community Center.

## 3:00 pm • Danny Frazier Band

One of the areas most popular country rock bands, The Danny Frazier Band will perform 3:00 to 4:30 p.m. The band characterizes its music as a little bit blues, a little bit soul, little bit country, and American Rock & Roll. The group performs original music, authentic country and music of Americana.

## 5:00 pm • Bad Habit

At 5:00 p.m. the classic rock & roll band Bad Habit will perform. Bad Habit has been entertaining Cincinnati for over 20 years, playing the best of classic rock from the 70s & 80s such as Styx, Kansas, Deep Purple, Boston and more.

## 7:30 pm • 2nd Wind

Returning after their exciting performance last year, 2nd Wind will be on stage from 7:30 to 9 p.m. The group is one of the most sought after show bands, providing a concert level performance. They offer Smooth Jazz, R & B, Pop, Classic Rock and Funk. This amazing group has opened for many national acts and has been a featured local act at the Macys Music Festival.

## 4:30 & 6:30 pm The Cincinnati Circus

Enjoy the Cincinnati Circus' amazing Big Show with performances at 4:30 p.m. and 6:30 p.m. on field #3. The act includes aerial acrobatics, a flying trapeze, magic tricks and more.

## Dusk • Balloon Glow

As dusk falls on the Community Center complex, sit back and enjoy the dazzling hot air balloon glow display.

## Commemorative Tree Program

Looking for a way to memorialize a loved one, highlight a special occasion or recognize your business organization? You can donate a commemorative tree to the City of Springdale. It is the perfect solution as it provides a meaningful and living remembrance and gives back to the community in a way no other gift can.

The City of Springdale is offering individuals, businesses and organizations the opportunity to participate in the Commemorative Tree Program. These commemorations grow in importance, visibility and value as the years pass, while improving our quality of life in countless ways. It is truly an investment in the future as a valuable economic, environmental and social resource.

Commemorative Tree orders are taken any time of year but will only be planted during the appropriate season. The cost is \$400 and includes a 4" x 6" solid bronze commemorative plaque mounted in concrete at the base of the tree. After one year, if the tree dies or becomes damaged, it may be replaced at the donor's expense or the plaque relocated to an existing tree in the park at the donor's request. All donations are tax deductible to the fullest extent allowed by law.

Donors may select one of a variety of three trees - Autumn Blaze Maple, American Elm or Cherrybark Oak (2" - 2.5' caliper) - for placement in a Springdale park. You may request a specific park and location of the tree, but the exact placement is at the discretion of the Parks Department. Placement is based on the area best suited for the tree to thrive and to enhance the quality of the park

For more information or to obtain a Commemorative Tree application form, stop by the Springdale Community Center.



## AQUATIC PROGRAMS

### Goldfish Swim

**Saturday, August 15 • 12:00 pm**

*Pool Gate opens at 11:45 am*

Spring and Dale along with 1,000 of their fishy friends are back swimming in the water of the Community Center pool! Who will catch Spring and Dale this year? Remember, no nets, buckets or help from Mom or Dad. All fish must be caught by children under 12 years of age, with their bare hands. Everyone that enters the pool area must have a pool membership or pay the regular gate fee of \$3.



### End of season pool hours:

August 10	12:00 - 8:00 pm	Open Swim
August 11	12:00 - 8:00 pm	Open Swim
August 12	12:00 - 8:00 pm	Open Swim
August 13	12:00 - 5:45 pm	Open Swim
August 13	5:45 - 8:00 pm	Adult Night
August 14	12:00 - 8:00 pm	Open Swim
August 15	12:00 pm	Goldfish Swim
August 16	1:00 - 6:00 pm	Open Swim

**The last day of the swim season is Sunday, August 16.**

## YOUTH SPORTS

### SCC Members may register beginning September 1

*Participants must possess a current membership at the time of sign-ups. Registration will be accepted until teams are full. Beginning October 1, placement on teams cannot be guaranteed. Additionally, late registration may be subject to additional charges for special order uniforms. (Non-resident fee is an additional \$25 per child if space is available.)*

### Basketball

Participate in Cincinnati Premier Youth Basketball and learn basketball skills, meet new people, and most importantly, have FUN! Children must be at least

5 years old as of September 30 and enrolled in school.

Instructional Basketball: \$20 (\$35 beginning 10/1).

Basketball: \$40 (\$55 beginning 10/1)



### Cheerleading

Children will learn the basics of cheerleading and display their talents at the youth basketball games in Springdale. \$20 (\$35 beginning 10/1).

### Youth Volleyball

Learn the basic fundamentals of volleyball in a fun environment! The co-ed league emphasizes teamwork, sportsmanship, skill development, fun and participation. This program is open to youth ages 9-11 as of September 30. \$20 (\$35 beginning 10/1)

### Teen Volleyball

This co-ed league is for teens to enhance their skills while emphasizing teamwork, sportsmanship, fun and participation. This program is open to youth ages 12-15 as of September 30. \$20 (\$35 beginning 10/1)

## JUST FOR YOUTH

### Hip Hop Kids

**Ages 7-10: Saturdays • 1:00 pm**

**Ages 11-14: Saturdays • 2:00 pm**

Hip Hop Kids is a fun-filled class all about burning up the dance floor. This class will develop dance skills while immersing children in all aspects of motion. Students will learn easy-to-follow mini hip hop routines and combinations and work on drilling them together. No experience necessary. Open to all dance levels. Call Markesha B. at 885-6065 for more information.

### Teen Fit

**Sunday, September 13 • 1:30-4:30 pm**

This award-winning class will cover the basics of cardio, strength training, and nutrition. All teens are welcome to learn the proper way to workout and eat in this hands-on class. After passing the class, those 13 and older with a SCC Fitness Membership will be able to use the Fitness Center. Registration required. Please see a Fitness Center Team Member for more information.

## FOR THE FAMILY

### Springdale's Gone Wild

Springdale's Gone Wild is a free event for the whole family.

### Talkin' Turtles

**Tuesday, August 11 • 7:00 p.m.**

Terrapin, tortoise, or turtle, what's the difference? Join the naturalist from Great Parks of Hamilton County as we take a closer look at these most ancient of reptiles. Crawling along with the naturalist will be some of our local turtles. Don't miss this intriguing presentation.

### Spooky Bats

**Tuesday, October 27 • 7:00 p.m.**

Just in time for Halloween, the naturalist from Great Parks of Hamilton County will tell us all about the bat and why they aren't so spooky after all.

## EDUCATIONAL PROGRAMS

### Electric/Bass Guitar Lessons

**Adult Classes:**

**Tuesdays & Thursdays**

**6:30 - 7:30 pm**

**Youth Class (10-18 years old):**

**Tuesdays • 4:00 - 5:00 pm**

This popular program is open to students' ages 10 through adults. Students provide their own guitar, small amplifier and headphones. Cost is \$96 for the 8-week session and is required when registering. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 for more information.



Club Rec is a community-based volunteer organization that provides organized activities and events for children in 5th through 8th grades. Activities are diverse and provide fun social interaction. There is a \$10 sign-up fee. For information, call 346-3910 or email [sbrooks@springdale.org](mailto:sbrooks@springdale.org).

Club Rec members will serve as volunteers at the 3rd annual Family Mud Quest on September 19. After the event is over, they will have the chance to run the obstacle course and get down and dirty in the 'Dale!

Members will have another volunteer opportunity at Monster Mania on October 31. They will show off their creativity in designing, decorating and giving tours of the Haunted Room. Club members will also help the little ghosts and goblins play a variety of games and activities. Everyone must come in his or her spooky best!

## ADULT HEALTH & FITNESS

### Bootcamp

**FREE**

**Monday • 5:30 - 6:15 pm**

Are you bored with your workout? Looking for a new challenge? Then it's time to join Bootcamp! The Fitness Team will train anyone at any level from beginner to expert. Soon you'll be re-enlisting when you're burning up to 450 calories per class. We want YOU... to lose weight, tone up and have fun! Just bring a towel or mat and water bottle. Crew cut is not required. Classes resume September 14.

### Butts 'n Guts

**FREE**

**Wednesday • 5:30 - 6:15pm**

Join the Fitness Team for this high energy, tightening, and toning workout. We'll focus on your abs, obliques, and glutes, while hitting everything else as well. All exercises have varying levels so everyone will have a challenging and effective workout. If you don't pay attention to your butt 'n gut, nobody will! Bring a mat or towel and water bottle. Classes resume August 5.

### Cardio Kickboxing

**Tuesday & Thursday • 5:55 - 6:55 pm**

**Saturday • 11:00 am - Noon**

A high-intensity class that combines a cardio workout with kickboxing moves that will leave you burning calories all day long. Using balls, scooters, punching bag, and you name it; this class will keep you wanting to come back for more. Ask Elaine M. at 446-1839 about the class.



### Hip Hop Fitness

**Monday • 7:05 - 8:05pm**

A high energy class that is all about burning up calories on the dance floor. This is the hottest and hippest fitness class in the area. We'll give you a full-body workout that is open to all fitness levels: No experience necessary. Let us redefine what a fitness class should be. Call Markesha B at 885-6065 for more information.

### Jazzercise/Body Sculpting

**Monday & Wednesday • 5:55 - 6:55 pm**

**Tuesday, Thursday & Saturday • 9:30 - 10:30 am**

**Body Sculpting: Friday • 5:55 - 6:55 pm**

This class gets you moving by combining upbeat music and highly energetic exercise. Throw in some hand weights and this is the perfect total body workout. Call Elaine S. at 575-1620 to get all the details.

### L.I.F.E.

**FREE**

### Low Impact FUNCTIONAL Exercises

**Tuesday & Thursday • 11:00 am - Noon**

This FREE class will focus on improving your strength to help you safely perform the activities of daily living. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution. See the Fitness Team for more information.

### Slimnastics

**FREE**

**Monday, Wednesday & Friday • 9:15 - 10:15 am**

Slimnastics is a fun fitness class for women. This class is a great workout for those not ready to put their aerobic shoes away. Get out and meet some new friends! For more information contact Sue S. at 738-0361.

### Chair Yoga

**Monday & Wednesday • 11:45 am - 12:45 pm**

### Energy Yoga

**Tuesday & Thursday • 5:15 - 5:45 pm**

Learn yoga postures, breathing and relaxation techniques. Develop flexibility, stability, strength, and mental clarity. Open to all fitness levels. \$3 per class (\$4 non-members/non-residents). Call Susan at 440-336-2611 for info.

### Zumba/Strength 'n Dance

**Tuesday & Thursday • 7:05 - 8:05 pm**

Zumba combines high energy and motivating music with unique moves and combinations. If you're looking to tone up then you'll be pumped to take Strength 'n Dance. Both classes are based on the theory that a workout should be fun and easy to do, allowing participants to stick with the program. Call Deb at 205-5064 for information.

## ADULT SPORTS

### Women's Volleyball

**Wednesday Evenings** (Beginning in January)

Get a group of friends or coworkers together for an evening of fun and competition in this women's recreational volleyball league at the Springdale Community Center. Registrations for Resident teams will begin on November 15 and may include up to five non-residents. Registration for Non-resident teams will begin on December 15 (nonresident fees will apply). League entry is limited and is on a first come first serve basis. Players must be 16 or older.

## ADULT/SENIOR ACTIVITIES

### Prime Time Diners

**Wednesday, August 19 • 6:00 pm**

*Back Porch Saloon • Muhlhauser & 747*

**Wednesday, September 23**

*Rick's Tavern & Grill • 5955 Boymel Dr.*

Most people don't like to eat alone or cook for themselves, so why not have dinner with us once a month? Prime Time diners meet at area restaurants and enjoy good food and being social with others. Grab your next door neighbor and join us for dinner! Meet at the restaurant at 6:00 p.m. Register by the Monday prior to the date.

### Dog Days of Summer Luncheon

**Friday, August 28 12:00 p.m.**

Celebrate the Dog Days of Summer with some of America's favorite foods, hot dogs, mac and cheese, chips, and dessert. Entertainment for the afternoon will be Dale Fetick well known in the Cincinnati area for his smooth and sultry sound. Dale performs all-time favorite songs from Frank Sinatra, Nat King Cole and Tony Bennett. Register by August 25 with payment of \$7.50 for members and \$10 for guests.

### Technology 101 Returns

**Saturday mornings in September**

Take advantage of this opportunity for private instruction on your iPad, smart phone, notebook, navigation or other mobile devices. Instruction on the computer in the Senior Lounge is also available. Appointments are offered at 9:30 and 10:30 a.m. on Saturday mornings in September. Each session is 45 minutes long with a nominal fee of \$3. Participants should bring their fully charged mobile device with them to the appointment. To secure a convenient time for you, register early with payment! Please one appointment per person.

### Line Dancing With the Helts

**Monday • 1:00 - 2:00 pm**

This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, then this class is perfect for you! Wear comfortable soft-soled shoes and enjoy learning how to line dance. No registration required. Singles and couples are welcome. Call Jerry or Kathy at 321-6776 for more information.

### Thursday's This & That

**Back by Popular Demand  
Flowers and More Flowers**

**Thursday, September 24 • 2:00 pm**

Held over from June, this program is the second presentation of Flowers and More Flowers. The Cincinnati Art Museum will show the entire collection of paintings that explore how the floral motif has been depicted in art. Discover the hidden symbols of flowers in art from the Western world, the Middle East and Asia. Call 346-3910 or stop by the Springdale Community Center front desk to register for this FREE program by September 22.

### Active Aging Week Returns

**September 28 - October 2**

Mark your calendars for this year's Active Aging Week at the Springdale Community Center, September 28 to October 2. Let the Springdale Parks and Recreation Department and Active Aging Week help you "Live Your Adventure!" Watch for more detailed information at the Community Center.



# City of Springdale

11700 Springfield Pike  
Springdale, Ohio 45246

### Mayor

Doyle H. Webster

Office .....346-5705  
Home .....671-4489

### At-Large Council Members

Ed Knox .....674-7755  
James Squires .....671-6297  
Bob Diehl .....851-6560

### Districts Council Members

1 Lawrence Hawkins III .....300-4607  
2 Holly McQuillan-Emerson ....742-2418  
3 Marjorie Harlow .....671-6916  
4 Tom Vanover .....671-7034

### Clerk of Council/Finance Director

Kathy McNear .....671-2510

### City Administrator

Derrick Parham .....346-5700

### Assistant City Administrator

Jerry Thamann .....346-5700

email .....admin@springdale.org



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## NEWS IN BRIEF

### Popular Healthy U Diabetes series begins September 25

The Springdale Health Department will again offer its highly popular Healthy U Diabetes Workshop Series. The six-week program will be presented on Thursdays from 9:30 a.m to noon, beginning September 24. During the interactive workshops, which last through October 29, participants will learn to control Type 2 diabetes. To register, or for more information, call 346-5727.

### Health Department offers ongoing services

For all Health Department services listed, call 346-5725 to schedule an appointment.

#### Immunization for Children:

Immunization clinics for uninsured, underinsured and Medicaid children are available monthly at the Springdale Health Department on the first and third Wednesday mornings.

**Cholesterol/Glucose Screening:** Testing is available from the Springdale Health Department on the third Thursday of each month. The cost is \$15.

**Home Visits:** By appointment, the City's Public Health Nurse routinely makes home visits throughout the community to offer assistance and to find resources for the disabled and senior populations.

**Blood Pressure Checks:** Blood pressure checks are provided at the Springdale Community Center on the third Tuesday of each month from 10:30 a.m. to 12:30 p.m.

### Annual Health Fairs

The Health Department's Annual Health Fair will be held Tuesday, October 13 at the Community Center. Influenza vaccinations, blood pressure checks and glucose testing will be offered. Call 346-5725 for information and to make an appointment.

The 4th Annual Latino Expo will be held on Sunday, September 20, from 2

to 5 p.m. at the Healing Center of the Vineyard Church in Springdale. Entertainment, information about community services to aid the Latino community, and health screenings will be provided by the Latino Coalition of Southwest Ohio, the Springdale Health Department, various churches and other organizations.

### ServSafe Training

The Springdale Health Department will offer ServSafe Training, a food safety training program, on October 19 and 20 from 9 a.m. to 5 p.m. The States of Ohio, Kentucky, Indiana and the City of Springdale recognize the ServSafe credentials as meeting the requirement for food service knowledge, as set forth in the Ohio Uniform Food Safety Code (3717-1-02.4). Cost of the class is only \$150 per person (includes textbook, exam and certifications). Classes fill quickly so be sure to register as soon as possible. For more information contact Ella Jergens at 346-5725.